

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"CINNAMINT"



UNSWEETENED VANILLA
ALMOND MILK

HONEY YOGURT
CINNAMON

SQUARE MEALS

VANILLA MINT
PROTEIN

HELPS FIGHT
FREE RADICALS

SUPPORTS
DIGESTION

MARCH 2019

"CINNAMINT"

6 OZ	UNSWEETENED VANILLA ALMOND MILK
½ SCP	POWDERED YOGURT
1 SCP	SQWARE MEALS – WHEY BASED VANILLA
½ SCP	VANILLA WHEY PROTEIN
½ TSP	GROUND CINNAMON
1 TSP	HONEY
¼ TSP	MINT EXTRACT
12 OZ	ICE

Nutrition Facts

servings per container	
Serving size	20 fl. oz. (591 ml)
	(386g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 260mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 5g Added Sugars	10%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 572mg	45%
Iron 1mg	6%
Potassium 398mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.